

2016-17 Winter Vacation Wrestling Practice Schedule

- Dec.** 19-20 (M-T) No Practice
21-22-23 (W-F) JV & Varsity practice. 9:00-12:00.
24-25 (Sat-Sun) No Practice. *Merry Christmas!*
26 (Mon) JV & Varsity practice. 9:00-12:00.
27(Tues) Depart for Reno at 10:30 am. (Varsity only) We will practice in Reno. Bring warm jacket, workout gear, running shoes, uniform and money for meals and arcade (8 meals \$50-60?). We will be staying at the Silver Legacy. Coach Clark cell 404-8808. Coach Bicocca cell 256-2570.
28-29(W-Th) **JV – No practice.**
Varsity - Sierra Nevada Classic at Reno Livestock Event Center. Wrestling starts at 9:00 both days with finals at 4:00. We will return home on Thurs. evening, weather permitting.
30-**Jan 1** (Th-Sun) No practice. *Happy New Year!*
- Jan.** 2-3 (M-T) JV & Varsity practice 9:00 – 12:00.
4 (W) **First league tri meet: Amador and Argonaut** at Calaveras. Everyone needs to be at school by 2:30. Matches Start at 4:30.
5 (Th) JV & Varsity practice. 9:00-12:00.
6 (F) JV & Varsity practice 4:00-6:00. **Setup for Gordon Hay Invitational** after basketball games (about 7:00).
7 (Sat.) Gordon Hay Invitational (Everyone will wrestle)
Weigh-ins 7:00 am. Wrestling starts at 9:00(JV), 10:00(V)
We will need parents to help with the snack bar and work as timers. Work assignments will be sent home with your wrestler. All wrestlers need to stay until the end of the tournament to help clean up.
9 (M) Classes resume. Regular practice after school.

Bring running shoes to all practices. You should be running everyday!

This is the start of the push to win our 11th consecutive varsity league championship and our 8th consecutive JV league championship.

It is in your hands. Championships are not won by sitting on the couch!

Something to keep in mind:

“You have 4 years to do it and the rest of your life to talk about it”.

If you are unable to attend practice call one of us, Coach Bicocca 256-2570, or Coach Upchurch 662-3385.

Have a wonderful Christmas and a smart and safe New Year!

